

ABSTRACT

To relieve symptoms caused by mineral deficiency such as taste abnormality and skin damage due to zinc deficiency, anemia due to iron deficiency and decreased bone mineral content due to calcium deficiency to thereby improve quality of life (QOL). Namely, foods such as foods for specific health uses and foods with nutrient function claims containing 0.1 % or more, based on gram of a dry natural plant material comprising a papaya powder etc., of zinc which are prepared by nonproliferatively stirring and/or shaking the natural plant material in a state of being suspended in a solution containing 100 ppm or greater of zinc.